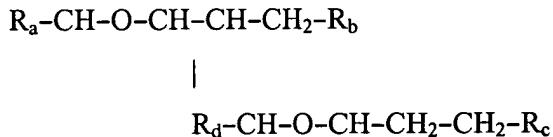


What is claimed is:

1. A method of making a skin exfoliating composition comprising the steps of:
  - (a) making a host composition having a host capable of accepting a guest, the process comprising mixing, in any order:
    - (i) a non-ionic surfactant selected from the group consisting of compounds having a chemical structure:



10 where “-CH-O-CH-” represents an epoxide group,  
 where  $\text{R}_a$  and  $\text{R}_b$  are hydrocarbons that can be the same or different,  
 where at least one of the  $\text{R}_a$  and  $\text{R}_b$  hydrocarbons includes an epoxide group  
 within 3 carbons of the hydrocarbon attachment to contribute to the desired  
 15 hydro-lipid balance of 7 - 9,  
 where  $\text{R}_c$  is hydrogen or a methyl group, and  
 where  $\text{R}_d$  is a methylene group (-CH<sub>2</sub>-), an ethyl group (-CH<sub>2</sub>-CH<sub>2</sub>-), or a  
 structurally-equivalent link with a bond length range about the same as or  
 shorter than that provided by an ethyl group, and  
 20 having a hydro-lipid balance in the range of 7 - 9,  
 or any combination of two or more thereof;

- (ii) in a stoichiometric proportion of at least 1:6 relative to the non-ionic surfactant, an amphoteric surfactant selected from the group consisting of organic compounds having the chemical formula NH<sub>3</sub>-R-COOH, where R is a straight, branched, or aromatic hydrocarbon structure having 6 - 24 carbons, or any combination of two or more thereof;
- (iii) at least a sufficient amount of a solvent to dissolve the amphoteric surfactant, the solvent comprising one or more compounds selected from the group consisting of water, alcohols having straight or branched

30 hydrocarbon structure having up to 6 carbons, glycosamionoglycans, or any combination of two or more of the foregoing;

35 (iv) in a stoichiometric proportion of at least 1:240 relative to the non-ionic surfactant, an aromatic selected from the group consisting of compounds having at least one aromatic five- or six-member ring, or any combination of two or more thereof;

(v) in a stoichiometric proportion of at least 1:240 relative to the non-ionic surfactant, of an aluminum cation;

(vi) in a stoichiometric proportion of at least 1:1200 relative to the non-ionic surfactant of at least one Lewis acid that is not a Bronsted-Lowry acid; and

40 (vii) at least 0.003 molar concentration of at least one Bronsted-Lowry acid; and

(b) mixing at least one water-soluble compound with the host composition,

2. The method of making a skin exfoliating composition according to Claim 1, wherein the skin exfoliating agent is selected from the group consisting of: salicylic acid, sodium salicylate, and any combination in any proportion of the foregoing.

3. The method of making a skin exfoliating composition according to Claim 2, wherein salicylic acid is present in the concentration of about 0.4 weight percent of the skin exfoliating composition and sodium salicylate is present in the concentration of 0.2 weight percent of the skin exfoliating composition.

4. The method of making a skin exfoliating composition according to Claim 2, further comprising the step of: mixing an effective concentration of trans-retinoic acid with the host composition to increase the rate of exfoliation, either before or after the step of mixing the skin exfoliating agent with the host composition.

5. The method of making a skin exfoliating composition according to Claim 4, wherein the trans-retinoic acid is present in the concentration of about 1 percent by weight of the skin exfoliating composition.

6. The method of making a skin exfoliating composition according to Claim 1, further comprising the step of:

mixing at least one lipid-soluble compound with the host composition, before or after mixing the water-soluble compound with the host composition.

7. The method of making a skin exfoliating composition according to Claim 6, wherein the lipid-soluble compound is present in an effective amount to balance the water-soluble compound in the lipi- and hydro-guest composition.

8. The method of making a skin exfoliating composition according to Claim 6, wherein the lipid-soluble compound is selected from the group consisting of alpha tocopherol, ascorbyl palmitate, and any combination in any proportion of the foregoing.

9. The method of making a skin exfoliating composition according to Claim 8, wherein alpha tocopherol is present in the concentration of about 5 weight percent of the skin exfoliating composition.

10. The method of making a skin exfoliating composition according to Claim 6, further comprising the step of:

mixing an effective concentration of trans-retinoic acid with the host composition to increase the rate of exfoliation, either before or after the step of mixing the skin exfoliating agent with the host composition.

11. The method of making a skin exfoliating composition according to Claim 10, wherein the trans-retinoic acid is present in the concentration of about 1 percent by weight.

12. The method of making a skin exfoliating composition according to Claim 1, wherein the non-ionic surfactant is dodecatriethoxylate.

13. The method of making a skin exfoliating composition according to Claim 1, wherein the amphoteric surfactant is amino dodecacarboxylic acid.

14. The method of making a skin exfoliating composition according to Claim 1, wherein the polarity of the solvent is sufficiently high whereby the solvent has an electrical conductance of at least 1 micro mho measured at a temperature of 21 °C (70 °F).

15. The method of making a skin exfoliating composition according to Claim 14, wherein the polarity of the solvent is sufficiently high such that the solvent has an electrical conductance in the range of about 1-10 micro mho measured at a temperature of 21 °C (70 °F).

16. The method of making a skin exfoliating composition according to Claim 1, wherein the solvent comprises ethanol.

17. The method of making a skin exfoliating composition according to Claim 1, wherein the solvent comprises water.

18. The method of making a skin exfoliating composition according to Claim 1, wherein the aromatic and the Lewis acid are both provided by the single compound nonoxyl-9.

19. The method of making a skin exfoliating composition according to Claim 1, wherein the aluminum cation and the Bronsted-Lowry acid are both provided by aluminum sulfate, which at least partially reacts with water in the solvent to produce sulfuric acid as the Bronsted-Lowry acid.

20. The method of making a skin exfoliating composition according to Claim 10, wherein the pH of the mixture is maintained between 2.2 and 3.3 to stabilize the trans-retinoic acid.

21. The method of making a skin exfoliating composition according to Claim 1, wherein the temperature of the mixture is controlled to be within the range of about 21 °C (70 °F) to about 54 °C (130 °F) until the reaction is substantially complete.

22. The method of making a skin exfoliating composition according to Claim 1, wherein the temperature of the mixture is controlled to be within the range of about 38 °C (100 °F) to about 54 °C (130 °F) for at least 15 minutes.

23. The method of making a skin exfoliating composition according to Claim 1, further comprising the step of: controlling the inter-molecular polarity of the host composition to be between about 1.8 debye to about 20 debye at 21 °C (70 °F).

24. The method of making a skin exfoliating composition according to Claim 23, wherein the inter-molecular polarity of the host composition is controlled by adding water.

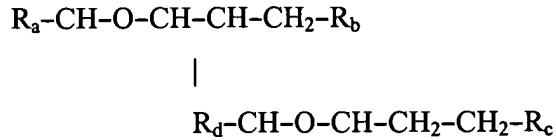
25. The skin exfoliating composition produced by the method according to Claim 1.

26. A method of managing psoriasis comprising the step of: topically applying the skin exfoliating composition according to Claim 25 to the psoriasis afflicted areas.

27. A method of making an antioxidant composition comprising the steps of:

(a) making a host composition having a host capable of accepting a guest, the process comprising mixing, in any order:

5 (i) a non-ionic surfactant selected from the group consisting of compounds having a chemical structure:



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where “-CH-O-CH-” represents an epoxide group,

where  $\text{R}_a$  and  $\text{R}_b$  are hydrocarbons that can be the same or different,

where at least one of the  $\text{R}_a$  and  $\text{R}_b$  hydrocarbons includes an epoxide group within 3 carbons of the hydrocarbon attachment to contribute to the desired hydro-lypid balance of 7 - 9,

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where  $\text{R}_c$  is hydrogen or a methyl group, and

where  $\text{R}_d$  is a methylene group (-CH<sub>2</sub>-), an ethyl group (-CH<sub>2</sub>-CH<sub>2</sub>-), or a structurally-equivalent link with a bond length range about the same as or shorter than that provided by an ethyl group, and

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having a hydro-lipid balance in the range of 7 - 9,

or any combination of two or more thereof;

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(ii) in a stoichiometric proportion of at least 1:6 relative to the non-ionic surfactant, an amphoteric surfactant selected from the group consisting of organic compounds having the chemical formula NH<sub>3</sub>-R-COOH, where R is a straight, branched, or aromatic hydrocarbon structure having 6 - 24 carbons, or any combination of two or more thereof;

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(iii) at least a sufficient amount of a solvent to dissolve the amphoteric surfactant, the solvent comprising one or more compounds selected from the group consisting of water, alcohols having straight or branched hydrocarbon structure having up to 6 carbons, glycosamionoglucans, or any combination of two or more of the foregoing;

35 (iv) in a stoichiometric proportion of at least 1:240 relative to the non-ionic surfactant, an aromatic selected from the group consisting of compounds having at least one aromatic five- or six-member ring, or any combination of two or more thereof;

(v) in a stoichiometric proportion of at least 1:240 relative to the non-ionic surfactant, of an aluminum cation;

(vi) in a stoichiometric proportion of at least 1:1200 relative to the non-ionic surfactant of at least one Lewis acid that is not a Bronsted-Lowry acid; and

40 (viii) at least 0.003 molar concentration of at least one Bronsted-Lowry acid; and

(b) mixing at least one water-soluble compound with the host composition, wherein the water-soluble compound is an effective concentration of an antioxidant to increase the production of collagen I in skin.

28. The method of making an antioxidant composition according to Claim 27, wherein the water-soluble antioxidant comprises ascorbic acid.

29. The method of making an antioxidant composition according to Claim 28, wherein the ascorbic acid is present in a concentration of at least 8 weight percent of the antioxidant composition.

30. The method of making an antioxidant composition according to Claim 28, wherein the water-soluble antioxidant further comprises co-enzyme Q10.

31. The method of making an antioxidant composition according to Claim 30, wherein the co-enzyme Q10 is present in a concentration of about 0.02 weight percent of the antioxidant composition.

32. The method of making an antioxidant composition according to Claim 27, further comprising the step of:

mixing at least one lipid-soluble compound with the host composition, before or after mixing the water-soluble compound with the host composition.

33. The method of making an antioxidant composition according to Claim 32, wherein the lipid-soluble compound is present in an effective amount to molecularly balance the water-soluble compound in the lipi- and hydro-guest composition.

34. The method of making an antioxidant composition according to Claim 33, wherein the lipid-soluble compound is selected from the group consisting of alpha tocopherol, ascorbyl palmitate, and any combination in any proportion of the foregoing.

35. The method of making an antioxidant composition according to Claim 32, wherein the lipid-soluble compound comprises an antioxidant to increase the production of collagen I in skin.

36. The method of making an antioxidant composition according to Claim 35, wherein the lipid-soluble antioxidant comprises alpha tocopherol.

37. The method of making an antioxidant composition according to Claim 36, wherein the alpha tocopheral is present in a concentration of about 5 weight percent of the antioxidant composition.

38. The method of making an antioxidant composition according to Claim 36, wherein the lipid soluble antioxidant further comprises beta carotene.

39. The method of making an antioxidant composition according to Claim 38, wherein the beta carotene is present in a concentration of about 0.02 weight percent of the antioxidant composition.

40. The method of making an antioxidant composition according to Claim 35, wherein the water-soluble antioxidant comprises ascorbic acid and wherein the lipid-soluble antioxidant comprises alpha tocopherol.

41. The method of making an antioxidant composition according to Claim 40, wherein the ascorbic acid is present in the concentration of about 8 weight percent and the alpha tocopherol is present in the amount of about 5 weight percent.

42. The method of making an antioxidant composition according to Claim 40, wherein the water-soluble antioxidant further comprises co-enzyme Q10 and the lipid soluble antioxidant further comprises beta carotene.

43. The method of making an antioxidant composition according to Claim 42, wherein the co-enzyme Q10 is present in the concentration of about 0.02 weight percent and the beta carotene is present in the concentration of about 0.02 weight percent.

44. The method of making an antioxidant composition according to Claim 27, wherein the non-ionic surfactant is dodecatriethoxylate.

45. The method of making an antioxidant composition according to Claim 27, wherein the amphoteric surfactant is amino dodecacarboxylic acid.

46. The method of making an antioxidant composition according to Claim 27, wherein the polarity of the solvent is sufficiently high whereby the solvent has an electrical conductance of at least 1 micro mho measured at a temperature of 21 °C (70 °F).

47. The method of making an antioxidant composition according to Claim 46, wherein the polarity of the solvent is sufficiently high such that the solvent has an electrical conductance in the range of about 1-10 micro mho measured at a temperature of 21 °C (70 °F).

48. The method of making an antioxidant composition according to Claim 27, wherein the solvent comprises ethanol.

49. The method of making an antioxidant composition according to Claim 27, wherein the solvent comprises water.

50. The method of making an antioxidant composition according to Claim 27, wherein the aromatic and the Lewis acid are both provided by the single compound nonoxyl-9.

51. The method of making an antioxidant composition according to Claim 27, wherein the aluminum cation and the Bronsted-Lowry acid are both provided by aluminum sulfate, which at least partially reacts with water in the solvent to produce sulfuric acid as the Bronsted-Lowry acid.

52. The method of making an antioxidant composition according to Claim 27, wherein the pH of the mixture is maintained between 4.5 and 5.5.

53. The method of making an antioxidant composition according to Claim 27, wherein the temperature of the mixture is controlled to be within the range of about 21 °C (70 °F) to about 54 °C (130 °F) until the reaction is substantially complete.

54. The method of making an antioxidant composition according to Claim 27, wherein the temperature of the mixture is controlled to be within the range of about 38 °C (100 °F) to about 54 °C (130 °F) for at least 15 minutes.

55. The method of making an antioxidant composition according to Claim 27, further comprising the step of: controlling the inter-molecular polarity of the host composition to be between about 1.8 debye to about 20 debye at 21 °C (70 °F).

56. The method of making an antioxidant composition according to Claim 55, wherein the inter-molecular polarity of the host composition is controlled by adding water.

57. The antioxidant composition produced by the method according to Claim 27.

58. A method of managing psoriasis comprising the step of: topically applying the antioxidant composition according to Claim 57 to the psoriasis afflicted areas.